



FastFood@Home

When: Thursday, May 10 - 7:00 to 9:00 PM
Where: Ada County Extension Office, 5880 Glenwood St., Boise
Cost: \$8.00 for materials

Out of ideas for quick dinners? Want to eat healthier? Want to save money?
FastFood@Home will give you the answers! See registration below.



for Health Conscious Consumers

Tuesdays, March 20 & Thursday March 22, from 7 - 9 pm

Where: Ada County Extension Office, 5880 Glenwood Street, Boise, Idaho
Cost: \$10.00 includes both classes **What:** Two evenings - 2 hours each, demonstration
Learn the definition of seafood, health benefits, dietary guidelines, recommendations, and potential health risks. Other information presented will be seafood inspection, selection of fish, how to purchase, safely cook and store all kinds of seafood and freshwater fish.

Registration needs to be received in order to reserve your place. See for below.
For more information go to: extension.ag.uidaho.edu/ada or call 287-5900

Master Food Safety Advisor Opportunity

Tuesdays, April 10 through May 22 - 9:00 am to 3:00 pm, lecture & hands-on lab

The Food Safety Advisor Program teaches individuals how to safely preserve a variety of food products. Participants learn how to produce high quality preserved foods. After completion of the coursework, participants provide 30 hours of volunteer service, providing reliable, research-based food preservation information to others in their community.




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| ◆ Food safety | ◆ Dehydration | ◆ Pickling |
| ◆ Canning acid foods (fruits, tomatoes) | ◆ Food storage | ◆ Freezing |
| ◆ Canning low acid foods (meats, vegetables) | ◆ Making jams, jellies & preserves | |
| ◆ Nutritional value of preserved foods | ◆ Economics of food preservation | |

To register for Food Safety Advisor call Linda Murdock at 287-5900 for an application. The deadline is March 24.

We don't want to miss you so please register today as these classes fill quickly.

✂ ✂ ✂ To register for the classes above clip and mail the form below with your information to:
5880 Glenwood St. Boise, Idaho. Make your check payable to Bursar, University of Idaho ✂ ✂ ✂

_____ **Fast Food at Home**, \$8.00, Thursday, May 10
_____ **Seafood for Health Conscious Consumers**, March 20 & 22, \$10.00
_____  **Food Safety Advisors**—call 287-5900—Linda Murdock

Name: _____ Day phone or cell: _____

Address: _____
P O Box or Street Address City State Zip

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact
MM Draper two weeks before the class at 5880 Glenwood St., Boise, Idaho 208-287-5900, mmdraper@uidaho.edu

University of Idaho, U. S. Department of Agriculture and Ada County cooperating.